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MOLINA DEDICATES OUTDOOR FITNESS ZONE AS PART OF HEALTH AND WELLNESS LIFESTYLE AT LOCAL COMMUNITY PARK

HEALTHY RECREATION TOP PRIORITY AT MAYBERRY PARK

SOUTH WHITTIER (July 29, 2009) – Los Angeles County Supervisor Gloria Molina will be joined by South Whittier health and fitness participants -- local seniors, women's aerobics team and "healthy recreation" day camp children to dedicate the new outdoor Fitness Zone at Mayberry Park in South Whittier as part of their park's healthy recreation program.

WHAT: Dedication of new Fitness Zone. The outdoor gym installations include Equipment similar to what is found at health clubs, and offer strength training, flexibility and cardio workouts for a variety of ages and fitness levels.

The new Mayberry Park Fitness Zone marks the 10th installation in Molina's district as part of a public-private partnership with the Los Angeles County Department of Parks and Recreation, Kaiser Permanente and Trust for Public Land, and is part of the County Parks' mission to provide healthy recreation programming for county residents.

"In many communities throughout the county, parks are our backyards – where we congregate, play and exercise," said Molina. "The new Fitness Zone is a welcome addition to the park's healthy recreation and wellness program, and one which our "healthy living" participants welcome with great enthusiasm."

"Kaiser Permanente wants to ensure good health extends beyond our doors. Healthy communities and a healthy environment are critical to individual health and wellness. Creating them has always been central to our mission," said Roberta Tinajero-Frankel, Kaiser Permanente Community Benefit Manager. "To that end, Community Benefit will provide \$900,000 in Healthy Eating/Active Living grants over a three-year period to the Trust for Public Land to support the installation of Fitness Zones as part of park development and revitalization."

WHEN: **Thursday, July 30, 2009 at 10:30 a.m.**

WHERE: Amelia Mayberry County Park, 13201 E. Meyer Road, South Whittier, 90605

WHO: Supervisor Gloria Molina, Mayberry Park Senior Club - Healthy Seniors, Women's Aerobics Team, Health Recreation Day Camp Children, Trust for Public Land, Kaiser Permanente, Trader Joe's.

VISUALS: Women's aerobics team demonstration; and "health and fitness" participants demonstrate circuit training in the Fitness Zone.

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